



**Whittlesea U3A Inc**

**2023 Courses**

9 September 2023

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## Book Discussion

**233WED18: Book Discussion**

**Type: Long Course**

**Dates: 15/02/2023 - 15/11/2023**

**Frequency: 3rd Wednesday of month, Wed 13:00 - 14:30**

**Location: Brookwood Community Centre 25 Hazel Glen Dve Doreen Tutor / Leader: Brenda Gorely**

**Fee: \$0.00**

LOCATION: Brookwood CC Doreen DESCRIPTION: The group meets on the third Wednesday of the month. We read and review a book supplied by the library. We may not all like every one, but we are encouraged to explore new authors and titles. We then enjoy afternoon tea and a chat.

**234THU35: Book Discussion Mill Park Library**

**Type: Long Course**

**Dates: 02/02/2023 - 02/11/2023**

**Frequency: 1st Thursday of Month, Thu 13:00 - 15:00**

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Jan Marshall**

**Fee: \$0.00**

LOCATION: Mill Park Library, Plenty Rd Mill Park DESCRIPTION: The group meets on the first Thursday of the month in the Make a Space Room of the library . We read and review a book supplied by the library. Great conversation with a few laughs.

## Computers and General Technology

**231MON16: Computer, Android, Social Media Support**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 10:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Shoukry Sidrak**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: The leader will provide hands on support to assist members overcome problems being experienced with the use of their devices. Support will also be provided for: social media such as Facebook, What's App, Viber, Windows 10 and MSOffice (Word EXCEL) THIS IS NOT A CLASS YOU WILL NEED TO MAKE A BOOKING FOR A SUITABLE TIME TO ADDRESS YOUR ISSUE. REQUIREMENTS: Bring your own laptop, Android, phone or tablet. Drop in for an initial assessment and make a booking for a suitable time to address your issue

**232TUE05: Basic Computer and Tablet and Smartphone**

**Type: Long Course**

**Dates: 07/02/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 10:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Antonio Pignatelli**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus DESCRIPTION: This new computer class focusses on how to use your computer (laptops will be used) or android tablet and smartphone. The tutor will help you to develop the skills needed to use various devices (e.g. mouse, printers etc) and programs (e.g. Microsoft Word). Some of the session will also be used to answer questions that participants might have regarding their computer. REQUIREMENT: Bring along your own laptop if possible

**232TUE07: Laptop Win 10 Advanced**

**Type: Long Course**

**Dates: 31/01/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 13:00 - 15:00**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Kathy Lizio**

**Fee: \$0.00**

LOCATION: May Rd Campus Senior Citizens Building 2B May Rd Lalor DESCRIPTION: This is not a beginners course. Some knowledge of computers is essential. The course covers Microsoft Word, internet and emails. You will also learn how to download photos from cameras, phones, iPads and more. Please make sure your computer has MICROSOFT OFFICE installed. Speak to the tutor if you are not sure what this means.

REQUIREMENTS: Laptop with WIN 10 & mouse, notebook & pen USB 4 or 8 GB.

**232TUE10: Digital Literacy Training ONLINE**

**Type: Long Course**

**Dates: 07/02/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 14:30 - 16:30**

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

**Fee: \$0.00**

LOCATION: ONLINE DESCRIPTION: General digital literacy training focuses on topics like social media, applications, online interactivity and safety, communication, assistance, device daily management and help, with a focus on 'day-to-day' learning.

REQUIREMENTS: Participants are to bring their own electronic device.

**232TUE11: Excel Projects ONLINE**

**Type: None**

**Dates: 31/01/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 9:00 - 11:00**

**Location: Online via ZOOM**

**Tutor / Leader: Oliver Mc Auley**

**Fee: \$0.00**

LOCATION: ONLINE DESCRIPTION: This is not a beginners' class. The purpose of this class is to share skills and experiences among students who have a love of EXCEL and are sufficiently advanced towards having an attempt at writing Macros, creating Forms, or providing solutions to everyday situations. It is a self-motivated class environment where we can share, help, or simply expand our EXCEL knowledge with one other. The class will be structured where students will be encouraged to create, participate, and at times lead in Class Projects, with the TUTOR being there for guidance and assistance with the more complex issues.

**232TUE18: Laptop Windows**

**Type: Long Course**

**Dates: 31/01/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 13:30 - 15:30**

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Kevin Whelan**

**Fee: \$0.00**

LOCATION: Thomastown Library 2/52 Main Street Thomastown Plenty of parking. DESCRIPTION: This is NOT a beginners class. Topics covered will include - Win10 configuration - Use Email - File management - Internet browsing - Staying safe online – Backups. Students are encouraged to bring computer issues they may be having and share with the class.

REQUIREMENTS: Bring your laptop computer with Windows 10.

**232TUE19: Photography iPhone Android**

**Type: Short Course**

**Dates: 09/05/2023 - 12/09/2023**

**Frequency: Fortnightly, Tue 10:00 - 11:30**

**Location: Sherwin Rise Retirement Villag 40 Chetwynd Grove Wollert**

**Tutor / Leader: Natalie Lim**

**Fee: \$0.00**

LOCATION: Sherwin Rise, 40 Chetynd Grove, Wollert. DESCRIPTION: This activity covers photography using iPhone and Android Phone. Not suitable for tablets or iPads. It covers how best to take photos with your phone, development of skills of different types of photos - macros, wide angles, landscape, portrait etc. It includes morning tea. Great for both the beginner and intermediate level. REQUIREMENTS: Smartphone

**233WED09: Apple iPHONE & iPAD Self Help - ONLI**

**Type: Long Course**

**Dates: 01/02/2023 - 29/11/2023**

**Frequency: Weekly Course, Wed 10:00 - 12:00**

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

**Fee: \$0.00**

**Tutor / Leader2: Gavin Trigg**

LOCATION: ONLINE DESCRIPTION: Help each other to run through some of the iPhone/iPad features and learn to use them more efficiently. Starting from the very basics - in this iPhone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENT: Bring either or both your iPHONE and iPAD This class will run at the same time as the face to face class 223WED06.

**233WED10: Apple iPHONE & iPAD - ONLINE**

**Type: ONLINE Long**

**Dates: 01/02/2023 - 29/11/2023**

**Frequency: Weekly Course, Wed 13:00 - 15:00**

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

**Fee: \$0.00**

**Tutor / Leader2: Gavin Trigg**

LOCATION: ONLINE DESCRIPTION: We try to run through some of the iPhone/iPad features and learn to use them more efficiently. Starting from the very basics - in this iPhone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENT: Bring either or both your iPHONE and iPAD This class will run at the same time as the face to face class 223WED05

**233WED14: Apple iPHONE & iPAD**

**Type: Long Course**

**Dates: 01/02/2023 - 29/11/2023**

**Frequency: Weekly Course, Wed 13:00 - 15:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor**

**Tutor / Leader: Janice Boswell**

**Fee: \$0.00**

**Tutor / Leader2: Gavin Trigg**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: We try to run through some of the iPhone/iPad features and learn to use them more efficiently. Starting from the very basics - in this iPhone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENTS: Bring either or both your iPHONE and iPAD. This class will run at the same time as the online class 223WED04

**233WED15: Apple iPHONE & iPAD Self Help**

**Type: Long Course**

**Dates: 01/02/2023 - 29/11/2023**

**Frequency: Weekly Course, Wed 10:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor**

**Tutor / Leader: Janice Boswell**

**Fee: \$0.00**

**Tutor / Leader2: Gavin Trigg**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: Help each other to run through some of the iPhone/iPad features and learn to use them more efficiently. Starting from the very basics - in this iPhone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENTS: Bring along your iPHONE or your iPAD or both. This class will run at the same time as the online class 223WED03

**234THU14: Technology and Computers for Seniors**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 10:30 - 12:30**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Glen Wall**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 OBJECTIVES: \* To increase the awareness of available technology and how to use it \* To support access to information on line \* To connect to others with common interests \* To keep up to date on the upgrades in Windows based applications and facilities. DESCRIPTION: Participants in the class are encouraged to become involved in discussions about different computer topics such as: \* Research on security issues \* Developments in software and operating systems \* Upgrades of different computer systems \* Use of cloud storage systems \* Developments of technological progress

REQUIREMENTS: Bring your own Laptop and notebook USB Stick & Pen. This face-to-face class runs at the same time as the online class 224THU03

**235FRI10: Computers Level 1**

**Type: Long Course**

**Dates: 03/02/2023 - 01/12/2023**

**Frequency: Weekly Course, Fri 10:00 - 12:00**

**Location: Thomastown Library 52 Main Street, Thomastown 3074 Tutor / Leader: Peter Rodaughan**

**Fee: \$0.00**

**Tutor / Leader2: Kathy Lizio**

LOCATION: Thomastown Library Computer Room 2/52 Main Street Thomastown DESCRIPTION: In this class you will learn: \* Saving images from the internet \* Changing file names \* Creating new folders \* Moving files / pictures into folders.

REQUIREMENTS: Bring a 4GB USB memory stick; notebook & pen and some basic computer knowledge

## Craft

### **231MON14: Crochet**

**Type: Long Course**

**Dates: 06/02/2023 - 20/11/2023**

**Frequency: 1st, 3rd & 5th Monday of month, Mon 11:00 - 14:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Freda Delia**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION Hi my name is Freda and I'm the leader of the crochet class. The ladies who come to the class make a variety of things like baby blankets, scarves, granny squares and toys. Some of them make jackets and hats for charities. We all work at our own pace. It is a great group and we enjoy having a chat and a laugh together. The class runs on 1st 3rd & 5th Monday.

REQUIREMENTS: Require crochet hook size 3 1/5 to 5 and 4 and 8 ply wool

### **231MON26: Beginners & Advanced Embroidery/Tapestry**

**Type: Long Course**

**Dates: 08/05/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 9:30 - 12:00**

**Location: Comm Activity Centre 70 Mernda Village Drive, Mernda Tutor / Leader: Helen Bourgazas**

**Fee: \$0.00**

LOCATION: Mernda Village CAC Community Centre, 70 Mernda Village Drive, Mernda MEETING ROOM DESCRIPTION: This is a part teaching - part participants working on own projects. The tutor will demonstrate to beginners how to start their work and what stitches to use. With the tapestry you can purchase a tapestry kit (from Kmart, Lincraft etc.) preferably with a stencilled design, needle and wool included in the kit. The cost is usually under \$15. For the embroidery, a kit can also be purchased with a stencilled design, hoop, needle and threads included in the kit. Maybe do not get a counted cross-stitch kit as this is a more advanced project. Otherwise, participants can bring their own work to do in class and share their experience - or even purchase blank tapestry canvas or embroidery material, buy coloured wool for tapestry and coloured threads for embroidery and can attempt to design and draw their own pattern to complete. Please contact the tutor on 0409 964 134 for further information

### **232TUE09: Jewellery Making**

**Type: Long Course**

**Dates: 07/02/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 9:15 - 11:00**

**Location: Private Home Mill Park Contact Office Mill Park Tutor / Leader: Christina Stamatopoulos**

**Fee: \$0.00**

LOCATION: Private House in Mill Park Please contact office for details DESCRIPTION: Learn to make simple jewellery using both natural material, cord, bought beads, elastic, and pearls. Tutor will discuss with participants the tools needed for the activity. There may be a small cost involved depending on materials used. The jewellery made will include bracelets, necklaces, earrings and rings. REQUIREMENTS: Some tools may be needed. This will be discussed at the beginning of the session

### **233WED03: Hand Sewing for Unfinished Projects**

**Type: Long Course**

**Dates: 01/02/2023 - 29/11/2023**

**Frequency: Weekly Course, Wed 11:00 - 14:00**

**Location: Janefield Comm Centre 2 Manchester Crescent Bundoora 3083 Tutor / Leader: Joh Griffin**

**Fee: \$0.00**

LOCATION: Janefield Community Centre 2 Manchester Cres. Bundoora DESCRIPTION: Bring your unfinished objects/projects of sewing to complete them in a friendly and inclusive social environment



**233WED13: Knitters Group**

**Type: Long Course**

**Dates: 01/02/2023 - 15/11/2023**

**Frequency: Not applicable, Wed 10:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Diana Torcaso**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: This group meets on the 2nd and 4th Wednesday mornings of the month during Winter and weekly during the summer months (from Term 4). The group is for knitters (experienced and learners). Come along and join a group who knit for charity. We send our knits to KOGO Group (Knit One Give One) who then pass it weekly onto 300 charities. We also knit for any group who needs special items. Tea and coffee supplied. Donations of wool would be appreciated. Some wool will be supplied for charity knitting or bring your own requirements if knitting for yourself.

REQUIREMENTS: Bring 2 balls of wool and size 4mm needles to the first session and your own cup.

**234THU16: Origami 3D (Golden Ventures folding)**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 11:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Phu Phan**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: Origami is the art of paper cutting and folding. 3D Origami or Golden Venture Folding also known as Chinese Paper Folding is a type of modular origami. Models are made by folding hundreds of small triangles from different colours of paper and interlocking them together. Class is open for all members who are keen on this folding paper art and challenge their patience. REQUIREMENTS: A4 sheets of paper 2 different colours eg: Black and white or colour of choice Small knife eg: Stanley knife or retractable blade knife scissors glue and cutting board (size of a bread board)

HISTORY OF 3D ORIGAMI: According to documents issued in 2006 In 1993 a group of 286 Chinese men and women tried to enter the US illegally on a large cargo ship known as Golden Venture. There were 10 people drowned in their escape attempt. When the survivors reached the US they were taken into custody by the Immigration and Naturalization Service (INS) and detained while they applied for the right of asylum. Many ended the year there with the processing of their cases. To help pass the time they began making elaborate paper sculptures for fundraising and to be given as gifts to the people who were working to help the refugees gain their freedom. The models created by the Golden Venture refugees were shown in a 2001 exhibit title 'Fly to Freedom' organized by the Museum of Chinese in New York City America.

**234THU17: Paper Quilling Arts**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 12:00 - 13:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Phu Phan**

**Fee: \$0.00**

LOCATION: Peter Lalor College 34 Robert St Lalor DESCRIPTION: Learn the art of quilling. Use strips of coloured paper to create shapes, designs and pictures. REQUIREMENTS: Come to the lesson and get requirements from the tutor.

**235FRI03: Card Making-Instructional, Self Help**

**Type: Long Course**

**Dates: 03/02/2023 - 01/12/2023**

**Frequency: Weekly Course, Fri 9:15 - 11:30**

**Location: Nick Ascenzo Comm Ctre 2 Boronia Ave, Thomastown Tutor / Leader: Christine Czerny**

**Fee: \$0.00**

LOCATION: Nick Ascenzo Community Centre 2 Boronia Avenue Thomastown DESCRIPTION: This class is for members who have experience in making cards. Cost \$4.00 as Tutor provides the design, die-cuts, patterns and templates. Cost will be lower if you do one instructional card. As the class is also Self Help you need to bring your own materials. NO NEED TO PAY \$4.00 if you do your own thing. Two greeting cards are designed by leader for each 2 hour session and instructions are provided. Types of cards : Iris and various folding cards, layering papers, birthday, Christmas etc.

REQUIREMENTS: All members need to bring along their card making essentials. There is a Tool Kit which everyone is expected to have. Cutting mat, Ruler with inches and cms, pencil, eraser, scissors and/or small sharp scissors, bone folder, craft knife, glue, spare paper, preferably A4 size, die release tool, tweezers, double sided & 3D tape paper Trimmer (optional), plastic container for rubbish, envelope or plastic sleeve for unfinished work. PLEASE NAME ALL PERSONAL ARTICLES

**235FRI06: Busy Hands Circle**

**Type: Long Course**

**Dates: 03/02/2023 - 01/12/2023**

**Frequency: Weekly Course, Fri 10:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Federica Bordin**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: In this class we finish our unfinished projects (sewing quilting patchwork embroidery knitting crochet) and we have fun as well

## Multicultural Activities and Information

**235FRI05: Middle Eastern Cultural Awareness**

**Type: Long Course**

**Dates: 03/02/2023 - 08/12/2023**

**Frequency: Weekly Course, Fri 17:00 - 22:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Dawood Sammour**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 OBJECTIVE: To share cultural experiences through discussion. DESCRIPTION: This is part of the Whittlesea U3A's cultural awareness program. Dr Dawood Sammour, the tutor, has experienced life in Palestine Jordan and Australia.

## Dancing

### **231MON19: Beginners Line Dancing Whittlesea**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 11:30 - 12:30**

**Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea 3757** Tutor / Leader: **Bev Moore**

**Fee: \$0.00**

LOCATION: WHITTLESEA TOWNSHIP DESCRIPTION: This is a beginners line dancing class, our first in the township of Whittlesea. The tutor will explain and instruct basic skills and transform these to simple dances. Not suitable for intermediate or advanced dancers as the primary aim is to teach the steps.

### **231MON24: Line Dancing Advanced**

**Type: Long Course**

**Dates: 06/02/2023 - 04/12/2023**

**Frequency: Weekly Course, Mon 13:40 - 14:40**

**Location: French St Hall 47a French Street, Lalor 3075**

**Tutor / Leader: Tita Kolonis**

**Fee: \$0.00**

**Tutor / Leader2: Cathy Gatt**

LOCATION: French St Hall, Lalor DESCRIPTION: This line dancing class is for the advanced group of line dancers who want a challenge and have the skills to complete more difficult routines. It is a fast moving class and experience is essential.

### **232TUE39: Ballroom Dancing for Beginners**

**Type: Long inc school hols**

**Dates: 15/08/2023 - 27/11/2023**

**Frequency: Weekly Course, Tue 13:00 - 14:30**

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752** Tutor / Leader: **Sylvette Bignoux**

**Fee: \$0.00**

LOCATION: Riverside Community Centre, South Morang DESCRIPTION: If you have always wanted to learn how to ballroom dance this is the class for you. The session is a beginners class, providing basic steps in a slow and easy pace.

### **233WED01: Beginners Line Dancing Wednesday**

**Type: Long Course**

**Dates: 24/05/2023 - 29/11/2023**

**Frequency: Weekly Course, Wed 9:15 - 10:15**

**Location: Epping Memorial Hall 827 High St Epping 3076**

**Tutor / Leader: Lillian Madden**

**Fee: \$0.00**

**Tutor / Leader2: Mia Jenkins**

LOCATION: Epping Memorial Hall, High Street Epping DESCRIPTION: This is a beginners line dancing class. Participants will be taught basic steps that can be used in other line dancing activities. Steps taught will be basic so session will be unsuitable to the more advanced dancer.

### **233WED02: Line Dancing for Various Levels**

**Type: Long inc school hols**

**Dates: 01/02/2023 - 29/11/2023**

**Frequency: Weekly Course, Wed 10:30 - 12:30**

**Location: Epping Memorial Hall 827 High St Epping 3076**

**Tutor / Leader: Mia Jenkins**

**Fee: \$0.00**

**Tutor / Leader2: Lillian Madden**

LOCATION: Epping Memorial Hall, 827 High St. Epping DESCRIPTION: This line dancing class is a general class covering all dancers from beginners to intermediate. Tita will be an additional tutor during some of the dances

REQUIREMENTS: Wear comfortable NON SLIPPERY shoes

**234THU36: Ballroom Dancing**

**Type: Long Course**

**Dates: 01/06/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 11:00 - 13:00**

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752 Tutor / Leader: Sylvette Bignoux**

**Fee: \$0.00**

DESCRIPTION: This is a basic ballroom dancing for beginners. Learn the basic steps and how to dance to the rhythm of the music rather than learning only the steps. You can attend the class with or without a partner. Members coming by themselves can pair up to others at the class.

**235FRI01: Line Dancing for Exercise 1**

**Type: Long inc school hols**

**Dates: 03/02/2023 - 08/12/2023**

**Frequency: Weekly Course, Fri 9:30 - 10:15**

**Location: Epping Memorial Hall 827 High St Epping 3076**

**Tutor / Leader: Cathy Gatt**

**Fee: \$0.00**

**Tutor / Leader2: Tita Kolonis**

LOCATION: Epping Memorial Hall, 827 High St. Epping DESCRIPTION: This is a class which combines line dancing techniques with exercise. It is for all levels however it is focussed on beginners to those with some knowledge of line dancing

REQUIREMENTS: Wear Comfortable non slippery shoes

**235FRI02: Line Dancing for Exercise 2**

**Type: Long inc school hols**

**Dates: 03/02/2023 - 08/12/2023**

**Frequency: Weekly Course, Fri 10:30 - 11:30**

**Location: Epping Memorial Hall 827 High St Epping 3076**

**Tutor / Leader: Cathy Gatt**

**Fee: \$0.00**

**Tutor / Leader2: Tita Kolonis**

LOCATION: Epping Memorial Hall, 827 High St. Epping DESCRIPTION: This is a class which combines line dancing techniques with exercise. The focus of this class is for intermediate to advance learners. It is not a beginners class

REQUIREMENTS: Wear Comfortable non slippery shoes

**235FRI13: Line Dancing for Fun**

**Type: Long inc school hols**

**Dates: 03/02/2023 - 08/12/2023**

**Frequency: Weekly Course, Fri 10:00 - 12:00**

**Location: Epping Activity Community Cent 378 Findon Rd Epping 3076 Tutor / Leader: Mia Jenkins**

**Fee: \$0.00**

**Tutor / Leader2: Lillian Madden**

LOCATION: Epping Activity Community Centre 378 Findon Rd Epping 3076 DESCRIPTION: This line dancing class is a general ability class covering from those with a little skill to intermediate. It is aimed as a fun activity where you can extend your line dancing knowledge and have fun whilst exercising.

## Exercise

### **231MON01: The Cross Country Walkers**

**Type: Long inc school hols**

**Dates: 27/02/2023 - 27/11/2023**

**Frequency: 4th Monday of the month, Mon 9:15 - 13:00**

**Location: Council Car Park Ferres Blvd South Morang 3752**

**Tutor / Leader: Ching Wong**

**Fee: \$0.00**

LOCATION: Whittlesea Council Car Park, Ferres Blvd. South Morang DESCRIPTION: We meet every 4th Monday of the month at Whittlesea Shire Office car park at 9.00am for a 9.15am start and finish between 12.30pm and 1.00pm. In some occasions we will car pool together. It is walking suitable for the MODERATELY FIT with an average level of fitness. We offer a variety of walks mainly in the north close to home. Very friendly group. A lot of sharing and friendship.

REQUIREMENTS : Good walking shoes, hat, sunscreen & supply of water.

### **231MON17: Walk and Talk**

**Type: Long inc school hols**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 9:15 - 10:15**

**Location: Plenty Valley Westfield 415 McDonalds Rd South Morang Tutor / Leader: Margaret Dins**

**Fee: \$0.00**

LOCATION: Woolworths Entrance Westfield Plenty Valley DESCRIPTION: Please meet NEAR WOOLWORTHS unless otherwise informed by the tutor. Walking is for all abilities. These sessions, which run on a Monday, will run throughout the year except for the 1st Monday of the month due to monthly Morning Tea. We meet at the allocated venue at 9.10am and walk around the area for approximately one hour and return afterwards for Morning Tea. The walk around the South Morang and learn about the local area. Afterwards we return to Westfield shopping complex where everyone meets for a drink and a chat at the food court If it is too hot or wet we walk inside the Westfield complex commencing outside the Woolworths Supermarket. Some prefer to walk around the shopping centre or inside depending on their ability.

REQUIREMENTS: Correct walking shoes wear a hat sunscreen and of course carry some water.

### **231MON18: Feel Well, Be Well**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 9:30 - 10:30**

**Location: Thomastown Library 52 Main Street, Thomastown 3074 Tutor / Leader: Pattie Nenadich**

**Fee: \$0.00**

LOCATION: THOMASTOWN library Main Road Thomastown DESCRIPTION: This is an exercise to dancing class. The tutor Pattie, new to Whittlesea U3A uses music to get participants exercising at their own pace and level. It is a fun and light-hearted class aimed at getting the heart pumping and the legs moving.

### **231MON25: Exercise For Fitness**

**Type: Long Course**

**Dates: 06/03/2023 - 04/12/2023**

**Frequency: Weekly Course, Mon 10:30 - 11:30**

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Helen Ang**

**Fee: \$0.00**

LOCATION: THOMASTOWN library Main Road Thomastown DESCRIPTION: This is a gentle exercise class to develop strength. The focus is upper body strength whilst keeping the heart pumping. All exercises are completed at the participants pace and rate of ability. REQUIREMENTS:.. casual and comfortable clothing, 1 kg dumbbells, 1 kg ankle weight, and elastic stretch bands

**232TUE04: Lalor Lazy Walking Group**

**Type: Long Course**

**Dates: 31/01/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 9:30 - 11:00**

**Location: Front of Lalor Library 2A May Road Lalor 3075**

**Tutor / Leader: Cath Vindgini**

**Fee: \$0.00**

LOCATION: Commencing from the front of Lalor Library, 2A May Road, Lalor DESCRIPTION: A gentle one hour walk through the leafy streets of Lalor followed by morning tea and a chat. It would be suitable for those with low fitness levels who would like the companionship of others.

REQUIREMENTS: Comfortable walking shoes bottle of water comfortable clothing according to weather

**232TUE14: Indoor Walking Aerobics**

**Type: Long Course**

**Dates: 07/03/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 9:15 - 10:00**

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752**

**Tutor / Leader: Ann McGuire**

**Fee: \$0.00**

LOCATION: Riverside Community Activity Centre 8 Doreen Rogen Way South Morang. DESCRIPTION: Walking aerobics is a cardio activity which makes your heart pump stronger and faster moving oxygen rich blood more efficiently to your muscles, organs and tissue throughout your body. Burning calories improves heart and lung functions, lowers the risk of heart disease, stroke and diabetes. It builds strong muscles and bones, improves brain function, and sharpens mental focus and memory. It also improves balance and coordination mood and lowers stress, boosts energy levels and improves sleep.

REQUIREMENTS: Comfortable walking shoes and clothing and a water bottle

**232TUE32: Exercise and Live Healthy - Mernda**

**Type: Long Course**

**Dates: 09/05/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 11:00 - 12:00**

**Location: Community Activity Centre 70 Mernda Village Drive Tutor / Leader: Kumar Chandrakumar**

**Fee: \$0.00**

LOCATION: Mernda Village CAC Community Centre, 70 Mernda Village Drive, Mernda Main Hall DESCRIPTION: The class is designed to provide an exercise regime suitable to support a healthy living lifestyle. It focuses on simple body movement to enhance walking, turning, twisting etc. Participants complete exercises based on their level of ability. Chairs are also used to assist with walking and support. REQUIREMENTS: Shoes and loose clothes suitable for exercise

**232TUE33: Aqua Aerobics Mill Park**

**Type: Long inc school hols**

**Dates: 09/05/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 10:15 - 11:00**

**Location: Mill Park Leisure Centre 33 Morang Dr, Mill Park Mill Park 3082 Tutor / Leader: Natalie Lim**

**Fee: \$0.00**

Location: Mill Park Leisure Centre, 33 Morang Dr, Mill Park. Description Swimming Program with an instructor has returned. This program will cost \$7.50 per week which can be paid either cash or card and is ONLY AVAILABLE TO ACTIVE WHITTLESEA U3A MEMBERS WHO ENROL INTO THE CLASS ON THE CALENDAR. Members will need to show their current 2023 membership badge to be allowed into the program each week. Please do not leave your badge at home. The program provides the member with an aquarobics class focusing on water based strengthening exercises and pool access only. It does not include the spa or sauna. After the class participants are able to sit in the coffee shop enjoying the company of friends. The program is available during the term holidays but not on public holidays

**233WED06: Mernda Walking Group** **Type: Long Course**  
**Dates: 01/02/2023 - 29/11/2023** **Frequency: Weekly Course, Wed 9:30 - 10:30**  
**Location: Mernda Village Shops 7a/57 Mernda Village Dve** **Tutor / Leader: Jeanette Daisley**  
**Fee: \$0.00**

LOCATION: Mernda Village Shopping Centre. 7a/57 Mernda Village Drive, Mernda DESCRIPTION: Meet outside Fergusons Cake Shop Mernda Shopping Centre. We walk approx. 1hr and after we go to Split Bean Cafe for a coffee and chat

REQUIREMENTS: Bottle of water; comfortable shoes; hat membership lanyards;

**233WED07: Walking Group** **Type: Long Course**  
**Dates: 01/02/2023 - 29/11/2023** **Frequency: Weekly Course, Wed 9:30 - 11:00**  
**Location: Norris Bank Reserve 135 McLeans Rd, Bundoora 3083** **Tutor / Leader: Beth Pearce**  
**Fee: \$0.00**

LOCATION: Norris Bank Reserve 135 McLeans Rd Bundoora DESCRIPTION: We commence walking at 9:30 am – walking, talking and socializing. We are having coffee after our walk NO WALKING WHEN IT IS RAINING

REQUIREMENTS: Casual clothing & comfortable walking shoes.

**233WED21: Body Weight and Strengthening Exe** **Type: None**  
**Dates: 22/02/2023 - 06/12/2023** **Frequency: Weekly Course, Wed 9:15 - 10:00**  
**Location: Thomastown Library 52 Main Street, Thomastown 3074** **Tutor / Leader: Pattie Nenadich**  
**Fee: \$0.00**

LOCATION: THOMASTOWN LIBRARY COMMUNITY ROOMS DESCRIPTION: This series of exercises, run but a new tutor, focus on upper body strengthening. Each participants works at their own level to improve their body weight and strengthening skills.

**234THU06: Exercise for Healthy Living - Lalor** **Type: Long Course**  
**Dates: 02/02/2023 - 30/11/2023** **Frequency: Weekly Course, Thu 11:00 - 12:00**  
**Location: Senior Citizen 2b May Rd, Lalor 3075** **Tutor / Leader: Kumar Chandrakumar**  
**Fee: \$0.00**

LOCATION: May Rd Campus Senior Citizen's Building (behind Lalor Library) 2b May Rd Lalor DESCRIPTION: The class is designed to develop for class participants an exercise regime suitable to support a healthy living lifestyle.

REQUIREMENTS: Shoes and loose clothes suitable for exercise

**234THU20: Bike Riding** **Type: Long inc school hols**  
**Dates: 02/02/2023 - 21/12/2023** **Frequency: Weekly Course, Thu 9:00 - 12:30**  
**Location: Various locations** **Tutor / Leader: Allan Fowler**  
**Fee: \$0.00**

LOCATION: Various locations DESCRIPTION: Distance of rides 25km and 35km. Speed: Leisurely/relaxed/moderate The rides are mainly on bike paths/trails/back streets BENEFITS: Cardio exercise improves health and wellbeing A social - fun outdoor activity. Riders either drive with their bikes in their car or ride their bikes to the starting point. Nobody gets left behind we all wait for each other. If we get separated we can be in contact by mobile phones. We also have a coffee stop as well. Contact Alan Fowler 0419 374 512

REQUIREMENTS: Full bike riding equipment required. A Bike in reasonable condition with good tyres bike helmet. Riders must have reasonable fitness



**235FRI17: Aqua Aerobics TRAC**

**Type: Long inc school hols**

**Dates: 19/05/2023 - 25/11/2023**

**Frequency: Weekly Course, Fri 10:15 - 11:00**

**Location: TRAC Recreation Centre 52 Main Street Thomastown 3074**    **Tutor / Leader: Natalie Lim**

**Fee: \$0.00**

Location: Thomastown Recreation & Aquatics Centre, 52-54 Main Street Thomastown Description Swimming Program with an instructor has returned to TRAC. This program will cost \$7.50 per week which can be paid either cash or card and is ONLY AVAILABLE TO ACTIVE WHITTLESEA U3A MEMBERS WHO ENROL INTO THE CLASS ON THE CALENDAR. Members will need to show their current 2023 membership badge to be allowed into the program each week. Please do not leave your badge at home. The program provides the member with an aquarobics class focusing on water based strengthening exercises and pool access only. It does not include the spa or sauna. After the class participants are able to sit in the coffee shop enjoying the company of friends. The program is available during the term holidays but not on public holidays

**237SUN04: Leisurely Sunday Bike Rides**

**Type: Long inc school hols**

**Dates: 05/02/2023 - 17/12/2023**

**Frequency: Weekly Course, Sun 9:00 - 11:00**

**Location: Various locations**

**Tutor / Leader: Shirley Louie**

**Fee: \$0.00**

LOCATION: Starting points vary from week to week with various locations in Bundoora Epping and South Morang. DESCRIPTION: A bike ride of about 20 to 30 km at a leisurely pace mostly along safe off road bike paths with a half way rest/coffee/refreshment break. These rides are conducted by the Whittlesea Bicycle Users Group (BUG). Shirley's email is: shirley.louie@bigpond.com

## Games

### **231MON08: Cards 500 Laurimar**

**Type: Long inc school hols**

**Dates: 09/01/2023 - 18/12/2023**

**Frequency: Weekly Course, Mon 13:00 - 16:00**

**Location: Laurimar Comm Act.Centre 110 Hazel Glen Drive Doreen 3754 Tutor / Leader: David Ross**

**Fee: \$0.00**

LOCATION: Laurimar Community Activity Centre, 110 Hazel Glen Drive Doreen DESCRIPTION: 500 or five hundred is now the national card game of Australia. Also called Bid Euchre (but not to be confused with another game of the same name) is a trick-taking game that is an extension of euchre with some ideas from bridge. For two to six players it is most commonly played by four players in partnerships. 500 is a social card game.

HISTORY: It arose in America before 1900 and was promoted by the United States Playing Card Company, which copyrighted and marketed the rules in 1904. It has been taught through six generations community-wide, and in other countries: Australia, New Zealand, Canada (Quebec) and Shetland.

### **231MON09: Scrabble**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 10:30 - 13:30**

**Location: Miller Comm Centre 11 Mill Park Drive Mill Park 3082 Tutor / Leader: Joan Delbridge**

**Fee: \$0.00**

LOCATION: Miller Community Centre Cnr Blamey Ave & Mill Park Drive Mill Park DESCRIPTION: Have a way with words, then you will love playing Scrabble with friends.

### **231MON13: Canasta / Samba Cards**

**Type: Long inc school hols**

**Dates: 09/01/2023 - 18/12/2023**

**Frequency: Weekly Course, Mon 12:00 - 15:00**

**Location: Thomastown Library 52 Main Street, Thomastown 3074 Tutor / Leader: Florence Majewski**

**Fee: \$0.00**

LOCATION: Thomastown Library Community Room 2/52 Main Street Thomastown DESCRIPTION: Samba card game is closely related to Canasta but it introduces a couple of variations that make the game much more enjoyable. Sessions will continue through the school holidays.

### **232TUE01: Cards 500 Epping**

**Type: Long inc school hols**

**Dates: 03/01/2023 - 19/12/2023**

**Frequency: Weekly Course, Tue 10:00 - 13:00**

**Location: Epping Memorial Hall - Meeting 827 High St Epping 3076 Tutor / Leader: Alby Griffin**

**Fee: \$0.00**

LOCATION: Epping Memorial Meeting Room, 827 High Street Epping DESCRIPTION: Classes continue through school holidays. We have group sessions of talking and joking while playing cards

### **232TUE08: Bocce**

**Type: Long Course**

**Dates: 31/01/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 13:00 - 16:00**

**Location: Senior Citizen 2b May Rd, Lalor 3075 Tutor / Leader: Michele Patane**

**Fee: \$0.00**

LOCATION: May Rd Campus Senior Citizen's Club 2b May Road Lalor DESCRIPTION: Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. The group meets for some competitive fun and exercise.

**232TUE12: Mah-Jong**

**Type: Long Course**

**Dates: 31/01/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 10:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Margaret Healy**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: Mah-Jong continues through the school holidays. This ancient Chinese game uses small tiles and usually 4 players per group. It is a game of strategy similar but not the same as gin rummy as tiles are placed in groups. Don't worry if you have never played the game before the group is very helpful and beginners are always welcome.

**232TUE13: Cards 500 - Lalor**

**Type: Long inc school hols**

**Dates: 03/01/2023 - 19/12/2023**

**Frequency: Weekly Course, Tue 12:30 - 15:30**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Tyrone Dark**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: These sessions continue through school holidays. This class plays Cards 500 in a friendly atmosphere. We welcome learners and experienced players

**232TUE38: Billiards**

**Type: Long Course**

**Dates: 01/08/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 12:30 - 15:30**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Michele Patane**

**Fee: \$0.00**

LOCATION: May Road Campus, May Rd Lalor DESCRIPTION: Come and enjoy a social game of Billiards with friends. Beginners welcome

**233WED17: Chess and other Board Games**

**Type: Long Course**

**Dates: 01/02/2023 - 29/11/2023**

**Frequency: Weekly Course, Wed 13:00 - 14:45**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: John Kolonis**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: Beginners as well as experienced players welcome. AIM: \* To help you play chess well enough to enjoy it. \* Learn the object of the game including piece movements and captures; mobility and piece value; how to read moves, openings, middle and end games, combination and tactics. Learn method and planning. \* Get lasting pleasure from the unending variety and beauty of Chess for appreciation games from chess history are replayed. Other board games will also be played during this session

BENEFITS: Delays the ageing of our brains by forcing us to use them. Play the noblest and most popular board game in the world.

**234THU34: Carpet Bowls**

**Type: Long Course**

**Dates: 09/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 13:00 - 15:00**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Michael Perri**

**Fee: \$0.00**

LOCATION: May Rd Campus Senior Citizens Club Main Hall 2b May Road Lalor DESCRIPTION: Two teams compete against each other to score the most points in two hours (e.g. closest to the little white ball). It's good fun and good exercise.

## Gardening Skills and Ideas

### **231MON22: Orchid repotting**

**Type: 1 day**

**Dates: 16/10/2023 - 16/10/2023**

**Frequency: 1 Day Course, Mon 10:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Alex Shepherd**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: Learn when and how to repot your orchids in a friendly and casual environment.

### **232TUE41: Session 4 Native Plants Sow & Grow**

**Type: 1 day**

**Dates: 12/09/2023 - 12/09/2023**

**Frequency: 1 Day Course, Tue 10:00 - 12:00**

**Location: Epping Works Depot 68 Houston St Epping 3076**

**Tutor / Leader: Glen Wall**

**Fee: \$0.00**

LOCATION: Epping Works Depot; 68 Houston St, Epping DESCRIPTION: This is the 4th session run by the City of Whittlesea environmental program. In this session, you can assist in the restoration of local grasslands and eucalypt woodlands by propagating a selection of native trees, shrubs, wildflowers and grasses.

### **233WED22: Understand your Garden #2 - ONLINE**

**Type: ONLINE Short**

**Dates: 01/11/2023 - 01/11/2023**

**Frequency: 1 Day Course, Wed 17:30 - 19:30**

**Location: Online via ZOOM**

**Tutor / Leader: Alex Shepherd**

**Fee: \$0.00**

LOCATION: ONLINE DESCRIPTION: The tutor will discuss ways to improve your garden including composting, repotting, safe pest control etc. Some discussion of the propagation and repotting of orchids will also be included

### **236SAT01: African Violet Propagation**

**Type: Long Course**

**Dates: 18/02/2023 - 18/11/2023**

**Frequency: 3rd Saturday of the month, Sat 9:45 - 12:15**

**Location: Private Location - Bundoora Contact office**

**Tutor / Leader: Jan Marshall**

**Fee: \$0.00**

LOCATION: PRIVATE HOME Bundoora Please contact offic DESCRIPTION: This Class will run on the 3rd Saturday of the month. African violets provide colourful flowers for inside the home and are easy to propagate and grow. We will cover Types and colours of violets; How to propagate from a leaf cutting; Using the right soil; Selecting the right pot; Optimal water and light; Ongoing care fertilising and problem-solving; African violets vs Gesneriads; Visit an African Violet farm; Visit the Annual African Violet Exhibition (November)

REQUIREMENTS: People can bring their violets for us to review progress. Topics will progress through the list below through the year and may cover people's interests. We will do potting and look at samples.

## Health and Well Being

### **231MON03: Dao Ying Qigong**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 9:00 - 10:00**

**Location: French St Hall 47a French Street, Lalor 3075**

**Tutor / Leader: Phu Phan**

**Fee: \$0.00**

**Tutor / Leader2: Teresa Wong**

LOCATION: French Street Hall 47A French St Lalor VIC 3075. DESCRIPTION: Daoyin Yangsheng 12 movements is a series of exercises which combines physical movement, mental cultivation together with regulated breathing. The practice of these exercises brings about increased muscular efficiency and coordination, improved breathing and blood flow, greater flexibility, a higher level internal balance and harmony and improved immune system

### **231MON04: Yang Tai Chi 24 Form**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 10:15 - 11:15**

**Location: French St Hall 47a French Street, Lalor 3075**

**Tutor / Leader: Phu Phan**

**Fee: \$0.00**

**Tutor / Leader2: Teresa Wong**

LOCATION: French Street Hall 47A French St Lalor VIC 3075. DESCRIPTION: This class runs through School Holidays & Public Holidays. Class will cover Qigong: 8 pieces of the brocade and Yang tai chi 24 form. The Health Benefits include: reducing stress and anxiety; provide headache relief; improve balance and stability; reduce bone loss and fractures; help with the relief of Osteoarthritis due to ageing; improve blood pressure and heart health.

### **231MON05: Tai Chi Sword for Health**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 11:30 - 12:00**

**Location: French St Hall 47a French Street, Lalor 3075**

**Tutor / Leader: Phu Phan**

**Fee: \$0.00**

**Tutor / Leader2: Teresa Wong**

LOCATION: Lalor Learning Centre French Street Hall 47a French Street Lalor 3075 DESCRIPTION: This class runs through School Holidays & Public Holidays. Tai Chi sword is not too vigorous and is suitable for seniors. Beginners are always welcome. This is a class open to all members who wish to further extend their knowledge and improve their skills in the Art of Tai Chi. These forms include learning how to hold a sword. Phu, our tutor, is happy to order the sword for anyone. The cost is \$12.00. The class will cover: - Taichi Sword Yang 32 form - Taichi sword 42 form (competition form) The Health Benefits include: reducing stress and anxiety; provide headache relief; improve balance and stability; reduce bone loss and fractures; help with the relief of Osteoarthritis due to ageing; improve blood pressure and heart health.

REQUIREMENTS: Comfortable clothing, shoes and buckets load of patience. GENERAL INFORMATION: Members need to apply for the Sword Exemption Card in Victoria for the use and carriage of the sword for the purpose of studying and participating in Sword Taichi. This can be applied through Wushu Taichi & Qigong Australia Inc. Tutor will guide members on how to apply.

### **231MON06: Tai Chi Bo Staff**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 12:00 - 12:30**

**Location: French St Hall 47a French Street, Lalor 3075**

**Tutor / Leader: Phu Phan**

**Fee: \$0.00**

LOCATION: The French St Hall 47a French St Lalor DESCRIPTION: This class runs through School Holidays & Public Holidays from FEBRUARY to NOVEMBER on the Monday of each month. Bo Staff is not too vigorous and is suitable for all members. Phu, our tutor, is happy to order the Magic stick to use for practice at the class, The cost is around \$11.00. The class will cover: - Bo Staff 24 form – ( This form is transferred from Yang Taichi 24 form to Bo Staff form) The Health Benefits include: reducing stress and anxiety; providing headache relief; improving balance and stability; reducing bone loss and fractures; helping with the relief of Osteoarthritis due to aging; improve blood pressure and heart health.

**232TUE15: Tai Chi Beginners Level**

**Type: Long Course**

**Dates: 31/01/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 10:15 - 11:15**

**Location: Riverside C C 8 Doreen Rogan Way South Morang 3752 Tutor / Leader: Christine Teh**

**Fee: \$0.00**

LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang DESCRIPTION: Tai Chi is a form of exercise whereby a sequence of movements are performed slowly in a flowing relaxed manner. In this class you will do: - warm Up exercises - 8 Forms Qi Gong ( life energy exercise) -10 Forms and 24 Forms Yang style Tai Chi

BENEFITS: 1) Improve balancing and coordination 2) Improves mental concentration and alertness 3) Promotes healthy physical and mental well being

**232TUE16: Tai-Chi Advanced Level**

**Type: Long Course**

**Dates: 31/01/2023 - 28/11/2023**

**Frequency: Weekly Course, Tue 11:30 - 12:30**

**Location: Riverside C C 8 Doreen Rogan Way South Morang 3752 Tutor / Leader: Teresa Wong**

**Fee: \$0.00**

LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang. Mel 183 G12 DESCRIPTION: Tai Chi and Qiqong can help with one's circulation, balance and alignment. They also help restore energy which we refer to as Chi or Qi. This is an excellent low impact moving/stationary meditation which is suitable for all levels of fitness and people with health conditions. These low impact exercises puts minimal stress on our muscles and joints. Doing these slow movements help improve and enhance one's balance and muscle control. The postures flow together without pauses, making Tai Chi and Qiqong look like a graceful dance that keeps the body in constant motion and the mind in focus. This class covers: Lotus, 18 Steps Qiqong and 108 Form Yang Tai Chi.

PREREQUISITE: Anyone is welcome and no experience is required. Just bring along patience, an enthusiasm to learn and of course commitment in order to reap the benefits of doing this class. Do wear comfort clothing and comfortable foot ware ( definitely no slippers and no heels) .

**232TUE30: Falls Prevention**

**Type: 1 day**

**Dates: 24/10/2023 - 24/10/2023**

**Frequency: 1 Day Course, Tue 14:00 - 15:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075 Tutor / Leader: Peter Cleary**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: As we age there are some of us who find that falling for no apparent reason or because of lack of knowledge of how to manouvre unlevel ground or obstacle. This session will provide you with some practical ideas that may reduce these careless falls. Practical handouts will also be provided to refer to at a later date.

**232TUE40: How to access emergency care**

**Type: 1 day**

**Dates: 12/09/2023 - 12/09/2023**

**Frequency: 1 Day Course, Tue 10:00 - 11:00**

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda Tutor / Leader: Glen Wall**

**Fee: \$0.00**

LOCATION: MERNDA SENIORS SUPPORT CENTRE, 70 MERNDA VILLAGE ROAD, MERNDA 3754 DESCRIPTION: The scope of the sessions is to show how to access the VVED which is a public health service for non-life-threatening emergencies. The presenter will explain how a person can access emergency care from anywhere in Victoria, 24 hours a day, seven days a week. The VVED service connects a person to doctors and nurse practitioners, who are trained to triage and assist. Interpreter services are available for patients who prefer to speak in their own language. This session is repeated on Thursday 21st September at May Rd. (refer to 234THU38)

**233WED24: Relaxation** **Type: 1 day**  
**Dates: 13/09/2023 - 13/09/2023** **Frequency: 1 Day Course, Wed 10:00 - 11:00**  
**Location: Mernda Social Support Centre 70 Mernda Village Road** **Tutor / Leader: Natalie Lim**  
**Fee: \$0.00**

LOCATION: Mernda Social Support Centre, 70 Mernda Village, Road, Mernda DESCRIPTION: Total relaxation often comes with mindful breathing and progressive muscle relaxation. It is something that often does not come naturally in our busy lives but is very important to ensure healthy living. In this session we will look at how we can relax in a mindful way. This can help for starting the day in a better mood and assist with improved and restful sleep.

**233WED25: Learning to be Tolerant** **Type: 1 day**  
**Dates: 04/10/2023 - 04/10/2023** **Frequency: 1 Day Course, Wed 10:00 - 11:00**  
**Location: Mernda Social Support Centre 70 Mernda Village Road** **Tutor / Leader: Natalie Lim**  
**Fee: \$0.00**

LOCATION: Mernda Social Support Centre, 70 Mernda Village, Road, Mernda DESCRIPTION: Understanding Window of Tolerance, distress tolerance and STOP technique are important mechanisms to healthy relationships. This session focusses on recognising difficult situations before they become unmanageable and ways to pause so that we can work through situations without causing extra harm. We will also look at how we can accept ourselves and our lives.

**233WED26: Making Healthy Connections** **Type: 1 day**  
**Dates: 11/10/2023 - 11/10/2023** **Frequency: 1 Day Course, Wed 10:00 - 11:00**  
**Location: Mernda Social Support Centre 70 Mernda Village Road** **Tutor / Leader: Natalie Lim**  
**Fee: \$0.00**

LOCATION: Mernda Social Support Centre, 70 Mernda Village, Road, Mernda DESCRIPTION: Having had sessions on relaxation, understanding who we are we now want to consider looking at who we have in our lives that can provide us with positive and helpful interactions. In what ways can we expand our circles so that we have the right people to turn to when times are tough.

**234THU27: Wu Tao Dance with Meditation** **Type: Long Course**  
**Dates: 13/07/2023 - 16/11/2023** **Frequency: Fortnightly, Thu 14:00 - 15:00**  
**Location: Riverside C C 8 Doreen Rogan Way South Morang 3752** **Tutor / Leader: Maria Veerasamy**  
**Fee: \$0.00**

LOCATION: Riverside Community Main Room Doreen Rogan Way South Morang. DESCRIPTION: Wu Tao is a dance meditation practice done to music that balances and harmonises Qi (the life force energy) in the body. Wu Tao is a gentle and effective form of exercise for people with movement restrictions or other physical challenges. Similar to Tai Chi it is a very gentle form of exercise

REQUIREMENTS: Participants need to wear comfy clothing and shoes; bring bottle of water to drink; a yoga mat or a bath towel is also needed.

**234THU28: Beginners Tai Chi for Health** **Type: Long Course**  
**Dates: 13/07/2023 - 16/11/2023** **Frequency: Fortnightly, Thu 15:00 - 16:00**  
**Location: Riverside C C 8 Doreen Rogan Way South Morang 3752** **Tutor / Leader: Maria Veerasamy**  
**Fee: \$0.00**

LOCATION: Riverside Community Centre, 8 Doreen Rogan Way, South Morang DESCRIPTION: BEGINNERS ONLY Tai Chi originated in China. It is an effective exercise for health of mind and body. It consists of stretching movements in a slow and gentle way. Studies have shown that Tai Chi can help improve conditions such as arthritis heart disease diabetes and other chronic illnesses.

**234THU38: How to access emergency care**

**Type: 1 day**

**Dates: 21/09/2023 - 21/09/2023**

**Frequency: 1 Day Course, Thu 11:00 - 12:00**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Peter Rodaughan**

**Fee: \$0.00**

LOCATION: MAY RD, SENIOR CITIZEN CENTRE, LALOR DESCRIPTION: The scope of the sessions is to show how to access the VVED which is a public health service for non-life-threatening emergencies. The presenter will explain how a person can access emergency care from anywhere in Victoria, 24 hours a day, seven days a week. The VVED service connects a person to doctors and nurse practitioners, who are trained to triage and assist. Interpreter services are available for patients who prefer to speak in their own language. This session is a repeat of Tuesday 12th September session. (refer to 232TUE40)

**235FRI11: Tai Chi**

**Type: Long Course**

**Dates: 03/02/2023 - 01/12/2023**

**Frequency: 1st, 2nd, 3rd, 5th Friday, Fri 12:30 - 14:00**

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Teresa Wong**

**Fee: \$0.00**

LOCATION: Thomastown Library Community Room 1/2 52 Main Street Thomastown CRITERIA: Patience with oneself to learn in a warm and encouraging environment DESCRIPTION: In this class we follow the 140 Movements Form handed down from the Grand Master Wang Shu-Jin (1904-1981) We warm up with the 18 step Qigong before we practice the tai Chi form. To finish we cool down with Meditation and self healing as we visualise our 'Chi' flowing throughout our body to invigorate growth metabolism regeneration and repair of our body

REQUIREMENT: Casual Clothing

**235FRI16: Master Your Mind**

**Type: 1 day**

**Dates: 17/11/2023 - 17/11/2023**

**Frequency: 1 Day Course, Fri 10:00 - 11:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Peter Cleary**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: Imagine what we could do if we could master our mind. This session provides you with some interesting insights on what this means and how it could alter your lifestyle. Practical handouts will also be provided to refer to at a later date.

**235FRI21: Meditation**

**Type: Long Course**

**Dates: 11/08/2023 - 24/11/2023**

**Frequency: Weekly Course, Fri 10:00 - 11:00**

**Location: Mernda Social Support Centre 70 Mernda Village Road**

**Tutor / Leader: Ann Bellofiore**

**Fee: \$0.00**

LOCATION: Mernda Social Support Centre, 70 Mernda Village Drive Mernda DESCRIPTION: Come and learn how to relax and unwind in a quiet environment. Learn mediation techniques that you can use and practise at home.

**236SAT02: Reflexology for Health - ONLINE**

**Type: Long Course**

**Dates: 07/10/2023 - 25/11/2023**

**Frequency: Fortnightly, Sat 8:30 - 9:45**

**Location: Online via ZOOM**

**Tutor / Leader: Maria Veerasamy**

**Fee: \$0.00**

LOCATION: ONLINE DESCRIPTION: Reflexology for Health is a learning class covering self - care hand exercises, basic face, hand and foot massage and an introduction to Reflexology.



**236SAT03: Well Being Steps - ONLINE**

**Dates: 07/10/2023 - 25/11/2023**

**Location: Online via ZOOM**

**Fee: \$0.00**

**Type: Long Course**

**Frequency: Fortnightly, Sat 8:30 - 9:45**

**Tutor / Leader: Maria Veerasamy**

LOCATION: ONLINE DESCRIPTION: This ZOOM class called Well Being Steps is a class discussion on how to practise and maintain good health using the steps of CONNECT; BE ACTIVE; KEEP LEARNING; BE AWARE; and HELP OTHERS. Included in the class will be a time for physical exercise and mindful breathing practice.

## Family History and Genealogy

### **234THU11: Self Help Genealogy**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: 4th Thursday of Month, Thu 13:00 - 15:30**

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Anne Heafield**

**Fee: \$0.00**

LOCATION: Mill Park Library Plenty Road Mill Park. DESCRIPTION: Group meets every 4th Thursday of the month. We work at our own pace using the internet based tools at Mill Park library that will best suit our research needs. The library provides on site versions of ancestry.com finding mypast.com and numerous other databases without cost to the members.

### **234THU12: Family History**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: 1st,3rd &5th Thursday of month, Thu 13:00 - 15:30**

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Elaine Moore**

**Fee: \$0.00**

LOCATION: Mill Park Library 394 Plenty Rd Mill Park DESCRIPTION: Group meets on 1st 3rd & 5th Thursday of the month. The family history class is designed to facilitate class members in researching their family history and ancestors. We all work together to use the Internet based tools at Mill Park library that will best suit our research needs. The library provides on site versions of ancestry.com finding mypast.com and numerous other databases without cost to the members.

### **234THU19: Family History For Beginners**

**Type: Long Course**

**Dates: 09/02/2023 - 09/11/2023**

**Frequency: 2nd Thurs of the Month, Thu 13:00 - 15:30**

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Marion Gaylard**

**Fee: \$0.00**

LOCATION: Mill Park Library, Plenty Rd Mill Park DESCRIPTION: This activity is for someone who is starting out in the area of researching their family history. The tutor will discuss, teach and advice some of the ways this research can be accomplished successfully. No experience is needed.

## Study of Foreign Languages

### **231MON11: Italian Total Beginners**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 10:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075** Tutor / Leader: **Oscar Altavilla**

**Fee: \$0.00**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: The class will benefit people who have an Italian background and want to better communicate with family and friends. It is also good for people who want to travel to Italy and who want to improve their knowledge of the Italian language for work or for business. Students will interact with an Italian native Tutor and learn the grammar rules and also culture and customs. Most of the work is done in the class where students take notes from the whiteboard, ask questions and use web translators or book dictionaries. There is no fixed scheduling so people can join anytime.

### **231MON27: Learn Basic French**

**Type: Long Course**

**Dates: 15/05/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 11:00 - 13:00**

**Location: Galada Community Centre 10A Forum Way, Epping North 3076**

**Tutor / Leader:**

**Fee: \$0.00**

LOCATION: Galada Community Centre, 10A Forum Way, Epping, Meeting Room DESCRIPTION: Learn Basic French through song and the study of phonics. French is the native language of the tutor and she has spent many years teaching and loves to share the language with members of the community.

### **234THU01: Italian Language Intermediate**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 10:00 - 12:00**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Antonio Pignatelli**

**Fee: \$0.00**

LOCATION: Lalor Library, Lalor DESCRIPTION: Knowledge of Basic Italian Language is required. The class will benefit people who have an Italian background and want to better communicate with family and friends. For people who want to travel to Italy and for people who want to improve their knowledge of the Italian language for work or for business. Students will interact with an Italian native Tutor and learn the grammar rules but also culture and customs. This class features a computer where students can see or search for information in real time. Most of the work is done in the class where students take notes from the whiteboard ask questions and use web translators or book dictionaries. There is no fixed scheduling so people can join anytime.

### **234THU13: Mandarin, Elementary Level**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 9:30 - 11:30**

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Polly Wong**

**Fee: \$0.00**

LOCATION: Mill Park Library 394 Plenty Rd Mill Park AIM: To improve pronunciation and sentence construction. DESCRIPTION: Pinyin knowledge will be introduced. Participants are encouraged to participate in oral conversation. Some basic knowledge of Chinese language is essential.

REQUIREMENTS: Pen/Pencil Notebook

## Music

### **234THU09: Ukulele with the Choir**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 15:30 - 17:30**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Ron Harvey**

**Fee: \$0.00**

LOCATION: May Rd Campus Senior Citizens Centre Meeting Room 2b May Rd Lalor DESCRIPTION: The class is suitable for total beginners & /or experienced players. The purpose is to learn and practise basic Ukulele playing. Also as a part of the Choir's Ukulele group to accompany the choir in some songs.

ADDITIONAL COMMENTS AND PREREQUISITE: This class is run concurrently with the Singing for Joy class and so participants must enrol and participate in that class too. The class format is to sing with the choir for 50 minutes a 10 minute break 40 minutes of dedicated ukulele lessons and practice followed by 20 minutes of playing along with the choir. PURCHASING A UKULELE You will need a ukulele for the class but if you do not have one do not purchase one before starting the class. Come along and see what others have and get advice. New ukuleles can be purchased for under \$35 which may or may not be suitable for you. We have 1 or 2 spare ukuleles that can be borrowed for the first few classes.

### **234THU10: Singing for Joy**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 15:30 - 17:30**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Silvana Di Battista**

**Fee: \$0.00**

**Tutor / Leader2: Ron Harvey**

LOCATION: May Rd Campus Senior Citizens Club Main Hall 2b May Road Lalor DESCRIPTION: Singing just to bring you joy. Sing with a group of friends. This class is run concurrently with the ukulele class. The class practises both with and without the ukulele accompaniment.

## Outdoor

### **237SUN01: Discover Melbourne By Train**

**Type: Long Course**

**Dates: 12/02/2023 - 12/11/2023**

**Frequency: 2nd Sunday of the month, Sun 8:30 - 0:00**

**Location: Sth Morang Station McDonalds Rd, South Morang 3752** Tutor / Leader: **Federica Bordin**

**Fee: \$0.00**

**Tutor / Leader2: Janice Boswell**

LOCATION: South Morang Station, McDonalds Rd South Morang DESCRIPTION: 2nd Sunday of the Month TRAVELLING IN LAST CARRIAGE on Mernda Line train. Can get on at other stations or join at Clifton Hill station from Hurstbridge Line. A fair amount of Walking is expected so a reasonable fitness level is necessary and sometimes we will use tram or buses as part of the experience. The aim is to explore both the CBD and outer Melbourne. We still have plenty of time for coffee or lunch stops and you can buy or bring your own food

REQUIREMENTS: Casual clothing & sturdy comfortable walking shoes, water bottle, hat, appropriate Clothing for the weather and the U3A membership Lanyards are essential. Bring your valid seniors MYKI and Seniors Card. Sunday is free travel for Seniors

### **237SUN02: Summer Train Trips**

**Type: Long Course**

**Dates: 05/02/2023 - 05/11/2023**

**Frequency: 1st Sunday of the Month, Sun 9:00 - 0:00**

**Location: Sth Morang Station McDonalds Rd, South Morang 3752** Tutor / Leader: **Marion Gaylard**

**Fee: \$0.00**

LOCATION: Meet at South Morang Station at 9.00am. TRAVELING IN LAST CARRIAGE: Can Get on at Other Stations. DESCRIPTION: 1st Sunday of the Month. A Day Trip to Melbourne by Train Tram or Bus Lunch can be bought and purchased on trip REQUIREMENTS: Casual clothing & sturdy shoes, water bottle, hat (for warm weather) and LANYARDS are essential. Bring your MYKI Card. Weekend travel is free for Seniors but you still need to have your MYKI card

### **237SUN03: Exploring Melbourne's Gardens**

**Type: Long Course**

**Dates: 28/05/2023 - 26/11/2023**

**Frequency: 4th Sunday Of the month, Sun 9:00 - 16:00**

**Location: Various locations**

**Tutor / Leader: Mike Mikedis**

**Fee: \$0.00**

LOCATION: We meet at South Morang Station at 9.00am to catch the next train on the 4th Sunday of the Month. TRAVELLING IN LAST CARRIAGE. Can get on at other stations. AIMS: Knowledge of gardens history, style & importance and enjoy a day outdoors COST: Some Gardens may Charge Entry Fee DESCRIPTION: Visiting important gardens around Melbourne usually arriving home after 4.00 p.m. Sometimes tram or bus journeys might be needed. Walk leisurely around the Gardens stop for discussions take photos The group will stop for lunch or coffee. Below are some of the Gardens to visit. They were especially selected for easy access: \* Royal Botanic Gardens \* Maranoa Gardens Balwyn \* Carlton Gardens \* Fitzroy Gardens \* Treasury Gardens \* St Kilda Botanical Gardens \* Rippon Lee Estate \* Canterbury Gardens.

NO SPECIAL SKILLS OR KNOWLEDGE REQUIRED JUST LOVE THE GARDENS AND THE OUTDOORS REQUIREMENTS: A fair amount of walking is expected so a good level of fitness is necessary. Casual clothing & sturdy shoes water bottle hat (for warm weather)appropriate Clothing for weather Camera BYO Lunch or you can Buy Lunch. Bring the U3A membership lanyards and your MYKI/ Pension Cards. Sunday is free travel for Seniors but you still require your MYKI card.

## Social Activities

**232TUE22: Leprechaun Trivia Afternoon** **Type: Long Course**

**Dates: 14/02/2023 - 28/11/2023** **Frequency: 2nd & 4th Week of the month, Tue 13:00 - 15:00**

**Location: Brookwood Comm Ctre 25 Hazel Glen Drive Doreen 3754** **Tutor / Leader: Patrick Muldoon**

**Fee: \$0.00**

LOCATION: Brookwood Community Centre, Hazel Glen Drive Doreen DESCRIPTION: To be sure, to be sure! Whether you're a Novice, a Trivia Buff or just want to get those 'Grey Matter' Cogs moving, Leprechaun Trivia is an entertaining afternoon of quizzing, camaraderie and chats with fellow Trivia enthusiasts. There's always a laugh to be had, and you'll be amazed with what you thought you didn't know! Afternoon tea/door prize draw/chat between Rounds 4 & 5. Come and join in the fun!! Create your own Team or join an existing Team. \$1 per session (covers Door prize etc). - BOTH Men and Women Welcome!! Leprechaun Trivia Motto: We're not playing for Sheep Stations!

**234THU05: Trivia Night** **Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023** **Frequency: 1st,3rd &5th Thursday of month, Thu 19:00 - 21:00**

**Location: Senior Citizen 2b May Rd, Lalor 3075** **Tutor / Leader: Kathy Lizio**

**Fee: \$0.00**

LOCATION: May Rd Campus Senior Citizens Club 2b May Road Lalor DESCRIPTION: We meet the 1st 3rd & 5th Thursday of the month. This is a night of fun and laughter where teams of 6 people answer questions in a friendly environment. Make up your teams so friends can work together. COST: Cost of the night \$1.00. Bring a small plate of food to share.

**235FRI07: Film Night** **Type: Long Course**

**Dates: 24/02/2023 - 24/11/2023** **Frequency: Last Friday of the month, Fri 17:30 - 0:00**

**Location: Readings Cinema Epping 71-583 High St, Epping 3076** **Tutor / Leader: Gloria Mason**

**Fee: \$0.00**

LOCATION: Readings Cinema Epping Plaza Cooper Street Epping DESCRIPTION: Members join together on the last Friday of each month to see a movie of your choice. Share a light meal prior or a coffee and a chat afterwards. Meet in Food Court near Cinemas around 5.30pm.

**235FRI08: Coffee and Chat on Friday** **Type: Long inc school hols**

**Dates: 03/02/2023 - 22/12/2023** **Frequency: Weekly Course, Fri 13:00 - 15:00**

**Location: The Base Plenty Valley 400 McDonalds Road, South Morang** **Tutor / Leader: Anne Carbis**

**Fee: \$0.00**

LOCATION: The Groove Train, Plenty Valley Shopping Centre South Morang THE GROOVE TRAIN ~ Back room DESCRIPTION: These sessions will be run throughout the year - including January. The Location is now called The Base, used to be Groove Train. Everyone is welcome, guy and girls. Come along to Groove Train on a Friday afternoon at 2.00pm. They kindly let us have the back room. it's a chance to sit and talk and relax for a while and catch up with other members, non pressure, no need to come every week just when you are free.

## Sport

**231MON23: Social Exercise and Walking Football Mix** **Type: Long inc school hols**  
**Dates: 30/01/2023 - 04/12/2023** **Frequency: Weekly Course, Mon 10:00 - 12:00**  
**Location: YMCA Leisure City 41-53 Miller Street Epping 3076** **Tutor / Leader: Con Constantinou**  
**Fee: \$0.00** **Tutor / Leader2: Gerry Fay**

LOCATION: Epping Leisure Centre Miller Street Epping DESCRIPTION: This is a mixed activity where men and women of all abilities are welcome to come and try social exercise and walking football. Whittlesea U3A is working with The City of Whittlesea LEAP program to provide an easy and slow paced exercise program with no running required. COST: \$2/WEEK

**232TUE03: Golf** **Type: Long inc school hols**  
**Dates: 31/01/2023 - 28/11/2023** **Frequency: Weekly Course, Tue 8:30 - 15:00**  
**Location: Growling Frog Golf Club 1910 Donnybrook Rd, Yan Yean Tutor / Leader: Domenic Marino**  
**Fee: \$0.00**

LOCATION: Growling Frog Golf Course 1910 Donnybrook Road Yan Yean DESCRIPTION: Playing golf with friends – exercise and fun. Golf continues during school term breaks. COST: \$15 for 9 holes \$25 for 18 holes

**232TUE06: Table Tennis - May Rd** **Type: Long Course**  
**Dates: 31/01/2023 - 28/11/2023** **Frequency: Weekly Course, Tue 13:00 - 16:00**  
**Location: Senior Citizen 2b May Rd, Lalor 3075** **Tutor / Leader: John Darnley**  
**Fee: \$0.00**

LOCATION: May Rd Campus Seniors Citizens Club 2b May Road Lalor Mel 8 K6 DESCRIPTION: It's a great class lots of fun and laughter. We play as many games as we like or if we need a break between games we can sit and chat. Very lay back, beginners most welcome. While the activity is set for 3 hours, come along and stay as long or short as you wish. Heaps of fun, play laughter and the occasional exercise. Afternoon tea is not provided, but feel free to BYO or something to share with the group.

REQUIREMENTS: Casual clothing & comfortable walking shoes

**234THU22: Tennis** **Type: Long Course**  
**Dates: 02/02/2023 - 30/11/2023** **Frequency: Weekly Course, Thu 9:00 - 10:30**  
**Location: YMCA Leisure City 41-53 Miller Street Epping 3076** **Tutor / Leader: Domenic Marino**  
**Fee: \$0.00**

LOCATION: YMCA Miller Street Epping DESCRIPTION: A group of people gather together for social tennis and enjoy a cup of tea and chat afterwards. .

REQUIREMENTS: Tennis racquet; casual clothing & running shoes

**234THU23: Walking Football - Gentlemen** **Type: Long Course**  
**Dates: 02/02/2023 - 30/11/2023** **Frequency: Weekly Course, Thu 11:00 - 12:30**  
**Location: YMCA Leisure City 41-53 Miller Street Epping 3076** **Tutor / Leader: Gerry Fay**  
**Fee: \$0.00** **Tutor / Leader2: Con Constantinou**

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping OBJECTIVES: To improve physical health and mental well being for those over 50 while socialising and having fun. DESCRIPTION: THIS CLASS IS FOR MEN Walking Football is a small sided, no contact, no running, modified version of soccer. It is suitable for all age groups over 50 and is inclusive of gender, ability and ethnicity. It is played in a safe, fun and social environment. There are many benefits of Walking Football including improved fitness, mobility and mental health.

COST \$2/week - towards venue hire

**234THU24: Walking Football - Ladies**

**Type: Long Course**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 9:30 - 11:00**

**Location: YMCA Leisure City 41-53 Miller Street Epping 3076**

**Tutor / Leader: Gerry Fay**

**Fee: \$0.00**

**Tutor / Leader2: Con Constantinou**

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping OBJECTIVES: To improve physical health and mental well being for those over 50 while socialising and having fun. DESCRIPTION: THIS CLASS IS FOR LADIES Walking Football is a small sided, no contact, no running, modified version of soccer. It is suitable for all age groups over 50 and is inclusive of gender, ability and ethnicity. It is played in a safe, fun and social environment. There are many benefits of Walking Football including improved fitness, mobility and mental health.

COST \$2/week - towards venue hire

**234THU37: Walking Netball**

**Type: Long Course**

**Dates: 13/07/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 11:00 - 12:30**

**Location: YMCA Leisure City 41-53 Miller Street Epping 3076**

**Tutor / Leader: Margaret Goodwin**

**Fee: \$0.00**

DESCRIPTION: Walking Netball is a modified version of the traditional game that is fully inclusive allowing anyone to participate regardless of their age, fitness level, ability or previous netball experience. As the name implies, Walking Netball is a slower version of netball performed at a walking pace. Walking Netball has a strong emphasis on getting people participating in an enjoyable, safe environment rather than focusing on the competitive aspect. REQUIREMENTS: Runner and comfortable exercise clothing

**235FRI18: Walking basketball**

**Type: Short Course**

**Dates: 02/06/2023 - 15/09/2023**

**Frequency: Weekly Course, Fri 9:30 - 10:30**

**Location: Mill Park Basketball Stadium Redleap Ave Stables Shopping C. Mill**

**Tutor / Leader:**

**Fee: \$0.00**

LOCATION: Mill Park Basketball Stadium, The Stables Mill Park DESCRIPTION: The sessions will be free including the registration and insurance. This activity is suitable for all abilities – young, old, people with walkers etc. so why not go and have a go. Numbers are limited and as it is open to other groups I would suggest you record your interest as soon as possible.

**235FRI20: Social Seniors Ten Pin Bowling**

**Type: Long Course**

**Dates: 14/07/2023 - 24/11/2023**

**Frequency: Weekly Course, Fri 10:00 - 12:00**

**Location: OZ Ten Pin Bowling Centre 41-53 Miller Street Epping Tutor / Leader: Con Constantinou**

**Fee: \$0.00**

LOCATION: OZ Ten Pin Bowling 41 - 53 Miller Street Epping DESCRIPTION: This joint Whittlesea U3a and LEAP program is a fun way to exercise, keep active and meet new friends. Cost per person is \$8 for one game and \$16 per person for two games.



## Creative Writing Process

**231MON21: E-Book Publishing**

**Type: Long Course**

**Dates: 06/02/2023 - 27/11/2023**

**Frequency: Weekly Course, Mon 13:00 - 15:00**

**Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea Tutor / Leader: Jan Marshall**

**Fee: \$0.00**

LOCATION: Whittlesea Community Activity Centre , 57-61 Laurel Street Whittlesea DESCRIPTION: Want to publish on the Web? Do you have blogs, short stories, poems, books, family history and want all the world to see? This class covers the technicalities of building web pages, publishing books or other information on the web and how to promote yourself as an author/writer.

**233WED04: Creative Writing Group**

**Type: Long Course**

**Dates: 01/02/2023 - 29/11/2023**

**Frequency: Fortnightly, Wed 13:00 - 15:00**

**Location: Jindi Family and Comm 48 Breadalbane Avenue, Mernda Tutor / Leader: Bryan McNally**

**Fee: \$0.00**

LOCATION: Jindi Family & Community Centre 48 Breadalbane Avenue Mernda DESCRIPTION: Have you ever wanted to write your own piece? A novel non-fiction work memoir biography speech podcast journal or blog. No matter what writing level you are at this group will provide you with the tools to do so. It will give you the opportunity, if you wish to share your writing progress with others in the group. We also have a variety of enjoyable writing exercises and general discussions.

REQUIREMENTS: Participants should have a love for reading or writing at any standard or level EQUIPMENT: pen; paper; memory stick (flash drive) for work brought in from home computer and optionally a laptop or tablet would be useful.

**233WED05: Improving Your Writing Craft**

**Type: Long Course**

**Dates: 08/02/2023 - 29/11/2023**

**Frequency: Fortnightly, Wed 13:00 - 15:00**

**Location: Jindi Family and Commy 48 Breadalbane Avenue, Mernda Tutor / Leader: Jan Marshall**

**Fee: \$0.00**

LOCATION: Jindi Family & Community Centre 48 Breadalbane Avenue Mernda DESCRIPTION: Using many of the resources available online we will explore the creative writer's craft including elements of plot character structure and editing for short stories poems and longer pieces of work. This will not look at one's writing but include a discussion of elements that will improve your writing. This class is suitable for someone who is already writing in some form and wishes to improve their craft. For feedback on your writing please see the Creative Writing Class.

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